

MC2 1000m

H1

Race 88

28 MAY 2016

RACE DATA

Dist. [m]	MDA		GER		UZB				BRA		CZE		HUN		UKR			
	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate
990	3.1	70	3.6	81	1.8	80			3.5	86	3.4	78	3.3	78	3.2	83		
980	4.5	70	4.8	81	2.7	81			4.7	85	4.5	79	4.7	81	4.6	82		
970	4.8	68	5.4	81	3.3	81			4.8	83	5.2	77	5.4	81	5.2	80		
960	5.0	66	5.5	81	4.3	80			5.1	83	5.2	77	5.3	83	5.4	77		
950	5.0	64	5.4	81	4.5	76			5.2	81	5.1	75	5.5	83	5.4	73		
940	5.0	63	5.6	80	4.5	76			5.5	81	5.3	74	5.5	80	5.3	68		
930	5.1	62	5.5	79	4.5	76			5.2	79	5.3	73	5.1	78	5.2	64		
920	5.2	62	5.2	76	4.5	74			5.4	78	5.2	71	5.1	74	5.1	62		
910	5.2	61	5.3	73	4.6	74			5.1	77	4.9	69	5.0	70	4.8	61		
900	5.2	61	5.3	72	4.9	72			5.0	76	4.8	67	5.0	66	4.6	60		
890	5.3	60	5.3	69	4.7	68			5.3	74	4.8	65	4.9	64	4.7	59		
880	5.2	59	5.2	67	4.6	67			5.0	73	4.7	63	4.8	63	4.7	59		
870	5.1	59	5.2	65	4.6	67			5.0	72	4.6	62	4.9	61	4.5	58		
860	5.0	59	5.2	64	4.6	66			5.1	71	4.6	60	4.7	60	4.6	58		
850	4.9	59	5.1	64	4.6	65			4.8	71	4.8	60	4.8	60	4.7	58		
840	4.8	58	5.0	63	4.3	65			5.0	71	4.7	60	4.7	59	4.6	58		
830	4.9	58	4.9	62	4.3	65			5.0	71	4.9	60	4.7	58	4.7	57		
820	4.6	57	4.8	62	4.2	64			4.8	70	4.8	60	4.5	58	4.8	57		
810	4.6	56	4.8	62	4.1	64			4.9	69	4.7	60	4.4	58	4.7	57		
800	4.5	56	4.6	62	4.0	64			4.7	69	4.5	60	4.4	58	4.7	57		
790	4.6	56	4.6	61	4.1	64			4.6	69	4.3	60	4.4	58	4.6	56		
780	4.5	56	4.6	60	4.4	64			4.7	67	4.4	60	4.4	57	4.5	57		
770	4.7	56	4.7	59	4.3	64			4.4	67	4.6	59	4.4	57	4.8	57		
760	4.6	56	4.6	59	4.3	63			4.5	66	4.7	59	4.4	56	4.7	56		
750	4.6	55	4.7	59	3.9	62			4.7	66	4.6	59	4.4	56	4.8	56		
740	4.7	54	4.7	59	4.2	62			4.3	65	4.4	59	4.4	56	4.6	56		
730	4.7	54	4.7	59	4.4	62			4.6	65	4.3	59	4.4	56	4.7	56		
720	4.7	54	4.7	59	4.4	62			4.5	66	4.3	59	4.4	56	4.6	56		
710	4.7	54	4.7	58	4.2	62			4.4	66	4.3	59	4.4	55	4.6	55		
700	4.7	54	4.6	58	4.4	62			4.6	65	4.5	58	4.4	54	4.5	55		
690	4.7	54	4.6	57	4.6	62			4.3	64	4.6	57	4.3	54	4.6	55		
680	4.7	54	4.5	57	4.4	61			4.5	64	4.5	57	4.3	54	4.6	54		
670	4.6	54	4.5	56	4.2	60			4.5	64	4.4	57	4.5	54	4.6	54		
660	4.6	54	4.4	56	4.5	60			4.4	64	4.3	57	4.5	54	4.6	55		
650	4.5	54	4.3	57	4.4	60			4.5	64	4.2	57	4.4	54	4.5	55		
640	4.5	53	4.4	58	4.5	60			4.7	64	4.2	57	4.3	54	4.5	55		
630	4.5	53	4.5	58	4.4	60			4.4	64	4.3	57	4.3	54	4.6	55		
620	4.5	52	4.6	58	4.2	60			4.4	64	4.4	57	4.2	54	4.6	55		
610	4.4	52	4.5	57	4.5	60			4.6	63	4.5	57	4.3	54	4.6	55		
600	4.2	52	4.6	57	4.6	60			4.5	62	4.5	57	4.2	53	4.5	55		
590	4.2	52	4.6	57	4.7	60			4.3	62	4.5	57	4.2	53	4.5	54		
580	4.3	52	4.6	57	4.6	60			4.5	62	4.2	57	4.2	53	4.6	54		
570	4.4	51	4.6	57	4.4	60			4.6	63	4.2	57	4.3	52	4.6	55		
560	4.3	52	4.6	57	4.6	60			4.3	63	4.2	57	4.2	52	4.4	55		

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	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate
550	4.4	52	4.6	57	4.6	60			4.6	63	4.3	57	4.3	52	4.4	55		
540	4.5	52	4.6	57	4.7	60			4.5	63	4.6	57	4.4	52	4.3	55		
530	4.6	52	4.4	58	4.5	60			4.2	63	4.5	56	4.3	52	4.4	55		
520	4.6	52	4.3	58	4.4	60			4.5	63	4.5	55	4.4	52	4.3	55		
510	4.5	51	4.4	58	4.2	60			4.5	63	4.5	55	4.5	52	4.5	55		
500	4.5	51	4.6	58	4.5	60			4.3	63	4.5	55	4.3	52	4.6	56		
490	4.5	51	4.7	58	4.7	60			4.6	63	4.5	55	4.3	54	4.6	56		
480	4.5	52	4.8	59	4.6	60			4.5	63	4.2	56	4.4	56	4.6	57		
470	4.5	52	4.8	59	4.4	61			4.4	64	4.2	56	4.6	56	4.6	57		
460	4.5	52	4.7	58	4.6	61			4.7	64	4.2	56	4.6	56	4.6	57		
450	4.2	52	4.7	57	4.7	61			4.7	64	4.2	56	4.5	56	4.7	56		
440	4.3	51	4.6	57	4.7	60			4.4	64	4.4	56	4.6	56	4.7	56		
430	4.2	51	4.4	57	4.8	60			4.6	64	4.4	56	4.7	56	4.7	56		
420	4.3	51	4.3	57	4.6	60			4.7	64	4.4	55	4.8	56	4.7	56		
410	4.5	52	4.3	57	4.3	60			4.3	64	4.4	55	4.7	56	4.8	56		
400	4.5	52	4.4	57	4.4	60			4.5	64	4.6	55	4.6	56	4.7	56		
390	4.6	51	4.5	57	4.6	60			4.6	64	4.5	55	4.7	56	4.7	56		
380	4.6	51	4.6	57	4.7	60			4.3	64	4.5	55	4.7	56	4.7	56		
370	4.5	51	4.6	57	4.5	60			4.5	64	4.4	55	4.7	55	4.7	56		
360	4.3	51	4.6	57	4.3	60			4.6	64	4.4	56	4.7	55	4.7	56		
350	4.4	51	4.5	57	4.3	60			4.3	64	4.2	56	4.6	55	4.7	56		
340	4.2	51	4.5	57	4.6	60			4.6	64	4.1	56	4.6	55	4.7	56		
330	4.2	51	4.6	57	4.7	60			4.4	64	4.1	55	4.6	54	4.7	56		
320	4.3	50	4.6	56	4.6	59			4.4	64	4.2	55	4.6	54	4.6	56		
310	4.0	50	4.3	55	4.4	59			4.6	64	4.4	55	4.6	54	4.6	56		
300	4.0	51	4.2	55	4.3	58			4.2	64	4.5	55	4.6	54	4.6	56		
290	4.4	51	4.2	56	4.2	58			4.5	63	4.5	55	4.6	54	4.6	55		
280	4.0	51	4.3	56	4.5	58			4.5	64	4.3	55	4.7	54	4.6	55		
270	4.0	51	4.5	56	4.5	58			4.2	64	4.3	55	4.7	55	4.5	55		
260	4.1	50	4.6	57	4.5	58			4.5	63	4.3	55	4.7	55	4.5	55		
250	3.9	50	4.6	57	4.2	58			4.3	63	4.3	55	4.7	55	4.5	55		
240	3.9	50	4.5	57	4.2	58			4.4	63	4.2	55	4.7	55	4.4	55		
230	4.1	50	4.5	58	4.3	58			4.5	63	4.3	55	4.7	55	4.5	55		
220	3.9	51	4.3	58	4.4	58			4.3	64	4.3	54	4.7	55	4.5	54		
210	3.9	51	4.2	58	4.5	58			4.5	64	4.2	54	4.7	55	4.2	54		
200	3.8	50	4.3	57	4.4	58			4.4	64	4.2	53	4.7	55	4.2	54		
190	3.9	48	4.5	57	4.2	58			4.2	63	4.1	53	4.7	55	4.2	54		
180	4.0	49	4.6	57	4.5	59			4.5	63	4.3	54	4.8	57	4.3	55		
170	4.1	50	4.5	57	4.5	60			4.2	64	4.3	54	4.7	59	4.3	56		
160	4.2	50	4.4	57	4.4	60			4.4	64	4.2	54	4.5	59	4.4	56		
150	4.2	50	4.2	58	4.1	59			4.5	63	4.3	54	4.5	59	4.4	56		
140	3.9	50	4.5	59	4.2	59			4.1	62	4.3	54	4.5	59	4.4	56		
130	3.9	50	4.6	59	4.5	58			4.3	62	4.2	54	4.5	59	4.5	56		
120	3.9	50	4.6	59	4.5	59			4.1	62	4.4	54	4.7	59	4.7	56		

2016 ICF Canoe Sprint World Cup, Racice

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RACE DATA

Dist. [m]	MDA		GER		UZB				BRA		CZE		HUN		UKR			
	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate	Speed [m/s]	Paddle Rate
110	4.2	49	4.5	60	4.1	59			4.2	61	4.4	54	4.6	59	4.6	56		
100	4.0	48	4.5	61	4.1	59			4.2	61	4.3	53	4.7	59	4.5	56		
90	3.8	47	4.5	60	4.4	58			3.9	60	4.2	53	4.8	59	4.4	56		
80	3.8	46	4.6	59	4.4	58			4.2	59	4.1	53	4.7	59	4.3	57		
70	3.9	45	4.6	59	4.0	58			4.1	59	4.0	53	4.5	61	4.6	58		
60	4.1	45	4.7	59	4.1	58			4.0	60	4.1	53	4.7	64	4.6	60		
50	4.0	45	4.7	59	4.2	58			4.3	60	4.2	53	4.9	64	4.8	60		
40	4.1	45	4.6	59	3.8	57			4.0	60	4.2	53	4.9	64	4.8	60		
30	3.9	47	4.3	59	4.2	57			4.1	59	4.3	52	4.6	63	4.8	61		
20	3.8	47	4.4	59	4.3	58			4.2	58	3.6	52	4.5	63	4.7	61		
10	3.9	47	4.5	59	4.1	57			4.2	57	3.0	48	4.6	63	4.4	62		
0	3.6	46	4.6	59	4.3	56			3.9	56	2.7	40	4.7	62	4.5	62		